



## From the EDITOR

Judith Springer Riddle,  
Editor  
PREVENTION Health Books



# Let Food Be Your “Miracle Medicine”

**More than 9,000 scientific studies have now proven what our African American ancestors knew all along—food and herbs are your best medicine!**

**In the following pages, we invite you to enjoy a “taste” of how to use God’s most delicious foods to lose weight, prevent cancer, reverse heart disease, unleash an explosion of new energy, cleanse your arteries, lower your cholesterol, look and feel years younger, and dramatically increase your longevity.**

In this Special Report, you’re going to discover perhaps the most powerful and liberating health secret science has uncovered in the last few years.

It is this—more than 9,000 scientific studies have now proven beyond doubt what our African American forefathers and foremothers knew all along.

**Certain foods and herbs are your best medicine** and your single

greatest protector of health, even more important than vitamins.

Over many centuries past, our ancestors noticed that every animal in the wild knew which plant to nibble on to get

well. And since God provides for *all* His creatures, He has also placed in His earthly garden every food and plant you need to get well, as you’ll see in this report.

For example, imagine if you could...

...Spare yourself the terror and agony of breast cancer—merely by eating an occasional grapefruit!

...Cut your heart attack risk in half—by snacking on roasted nuts!

...Slash your risk of stroke by 68 percent—by nibbling on one little carrot a day!

...Bring your high blood pressure down to normal range—and toss away your pills—by munching more celery!

Impossible? *Not at all*, as you’ll see in the following pages.

Sadly, all of these killer diseases strike our African American community with greater frequency and force than the white population.

But you and your family don’t have to be passive victims any longer! You can avoid and even cure these killers, *without* spending a fortune on doctor visits, running up huge bills with high-tech treatments, or paying for more health insurance. The remedy for every one is as near as your supermarket and as tasty as some of your favorite foods!

## And I’m not talking about “rabbit food” here!

No, no! As you’re about to discover, many of your favorite foods—even some you thought were “forbidden” by the food police—are the very ones doctors are now urging you to eat more of. For example...

- ▶ Yummy pizza to live longer.
- ▶ Mouthwatering apricot-oatmeal cookies to lower cholesterol.

- ▶ Heavenly pasta with pesto sauce to boost your energy.
- ▶ Scrumptious flax-banana bread to ward off breast cancer.
- ▶ Even outrageous double-berry sundaes to lose weight. (And before you think, “No way!”... please hear me out. In the very next chapter of this report, I’ll tell you how this and other delightful treats help you shed pounds more easily than you ever imagined. This information represents a landmark discovery from Australia that’s turning the world of weight-loss upside down.)

And this is just the beginning. You’re about to learn how delicious foods can help you:

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- ▶ Slash your cholesterol so low, you'll never again worry about a heart attack.
- ▶ Keep your body cancer free for life...and destroy any cancer cells that may be hiding anywhere in your body now.
- ▶ Put out the fire of arthritis pain in your joints so you can move freely and be more independent.
- ▶ Unleash a torrent of energy and health in every cell of your body, and feel the zest of life you were meant to enjoy.
- ▶ Prevent, relieve, reverse, and, in many cases, cure almost any condition—from anemia to yeast infections—using nothing more than God's best medicine, FOOD!

I'll even introduce you to a whole category of foods doctors are calling "diamond foods" because they're a woman's best friend. They help you avoid breast cancer... look years younger... erase facial wrinkles... ease PMS... cool off hot flashes... prevent osteoporosis, lupus, yeast infections, birth defects, and many other health concerns of women.

### **"Let food be your medicine, and medicine be your food."**

For centuries, through all kinds of oppressive conditions, our brave and noble ancestors passed along

this profound truth of folk wisdom: *"Let food be your medicine, and let medicine be your food!"*

Today, modern science has proven that our wise ancestors were right. More than 9,000 scientific studies have demonstrated that food is your best medicine. These studies have also identified the 107 most powerful healing foods, spices, and herbs on earth.

But here's the most interesting news. These same studies show that God's most potent healing foods are even more powerful than vitamins in enhancing and rebuilding your health!

### **Prevent cancer— with strawberries!**

Here's just one example of what I mean. A compound called ellagic acid is one of the most potent cancer fighters God ever created.

Studies prove that if you have cancer cells anywhere in your body (and you may not know it), ellagic acid ferociously attacks them, helping your immune system destroy them and shutting off their ability to multiply.

There's just one problem. Ellagic acid cannot be absorbed by



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## **To live longer, eat pizza!**

**... and cookies... crumb cake... puddings...  
and these other heavenly (and healthy) delights!**

Believe it or not, in your 21-day Free-Trial copy of *The Doctors Book of Food Remedies*, you'll joyfully discover that you've got the doctor's blessing to feast on many foods you may have been denying yourself. And to prove it, you'll be given dozens upon dozens of health-enhancing recipes for delicious and extremely nutritious versions of many of your favorite meals and desserts.

Turn to page 115, for example, and see how you can help yourself live longer and prevent cancer and heart disease with

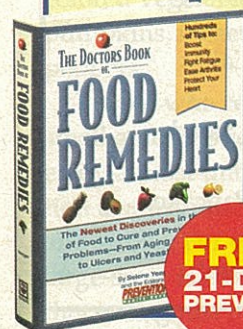
**pizza**. The tomato sauce in pizza is loaded with one of Mother Nature's most powerful disease-fighting compounds, lycopene. Studies show it can dramatically reduce your risk of cancer and heart disease.

**And don't forget the basil topping! One recent study showed it may deactivate cancer-causing substances than sneak into your body from pesticides, pollution, and other threats in our environment.**

For scores more mouthwatering dishes that act as your own "Environmental Protection Agency," turn to just about any of the 610 fascinating pages of *The Doctors Book of Food Remedies*. You'll be thrilled to get the doctor's blessing to enjoy such nutritious delights as those on the next page. All recipes are included in your 21-day Free-Trial copy of *The Doctors Book of Food Remedies*.



**Yes, pizza  
is good  
for you!**



**FREE  
21-DAY  
PREVIEW**

## Too delicious to be “healthy”?

Not at all! You’ve got the doctor’s permission to indulge yourself with these out-of-this-world delights, prepared with ingredients that are outrageously delicious and healthy! All these doctor-approved recipes—and scores more—are yours to sample free in your 21-day Free-Trial copy of *The Doctors Book of Food Remedies*.

- |  |   |
|--|---|
| ▶ Apple Crumble with Toasted-Oat Topping <i>page 24</i>  | ▶ Citrus Honey <i>page 292</i>                        |
| ▶ Apricot Breakfast Parfaits <i>page 28</i>              | ▶ Lemon Dessert Sauce <i>page 317</i>                 |
| ▶ Pasta with Pesto and Tomatoes <i>page 64</i>           | ▶ Chocolate Mint Pudding Cake <i>page 324</i>         |
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| ▶ Flax-Banana Bread <i>page 224</i>                      | ▶ Mocha Tofu Pudding <i>page 495</i>                  |
| ▶ Double-Ginger Gingerbread <i>page 249</i>              | ▶ Spiced Potato Cakes <i>page 500</i>                 |
| ▶ Honey-Marinaded Grapefruit <i>page 256</i>             | ▶ Mango-Papaya Salad <i>page 540</i>                  |
| ▶ Grape Slush <i>page 259</i>                            | ▶ Whole-Wheat Pancakes <i>page 561</i>                |
| ▶ Minty Pears <i>page 286</i>                            | ...among scores more!                                 |

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the human bloodstream very well. So it does you no good to take it in tablet form. You have to eat the foods that have it, such as strawberries and raspberries, which are so much more delectable than a handful of pills anyway!

When you eat these luscious fruits, you unleash this mighty anti-cancer warrior throughout your bloodstream to help vanquish cancer cells on contact. But you must get it from food, or you go unprotected.

Here is another example.

### One carrot a day slashes your risk of stroke by 68%!

Science has shown the nutrient beta-carotene to be Mother Nature’s “wonder drug” against the most feared diseases of our age, including cancer, heart disease, and stroke. Beta-carotene is found in abundance in brightly colored vegetables like carrots, pumpkins, sweet potatoes, and red peppers.

People who regularly eat even small amounts of these foods enjoy almost unbelievable protection against cancer, heart disease, and stroke. For example, a recent large-scale Harvard study found that eating just one little carrot a

day cuts your risk of stroke by an astonishing 68 percent.

There’s just one catch. If you want beta-carotene’s magnificent protection against killer diseases, you must get it from carrots (or other foods rich in beta-carotene)...NOT from beta-carotene supplements in your health food store.

New research has shown that beta-carotene supplements are NOT at all effective in preventing these killer diseases.

And why are food sources of beta-carotene so superior to supplements? Scientists say it’s because beta-carotene has at least 500 siblings, collectively known as carotenoids. Many of them haven’t yet been identified by science, and there may be scores more we don’t even know about in every refreshing bite of a carrot.

So if you swallow a beta-carotene supplement, you get only the beta carotene. But bite into a carrot and you get the entire combination of all 500-plus health-bestowing carotenoids, all of which dramatically boost beta-carotene’s disease-fighting power. And it’s this combination of natural ingredients that protects you

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from heart disease, cancer, and other diseases.

This is true of most nutrients your body needs for health, as you'll see in these pages. And the secret that underlies everything you're about to discover is this—God's strongest medicines are waiting for you in exactly the right doses and without *any* side effects—in food.

## Your "missing link" to good health

The only thing that's been missing is a complete, authoritative, M.D.-approved guide to the most powerful healing foods on earth for just about every medical condition you may ever encounter.

Possessing such a book would be like having your own personal road map to all the cures that grow in God's vast, nutritional Garden of Eden. And now, at last, it's here. Even better, you can examine it **FREE** for 21 days before you decide if you want to buy it.

It's *PREVENTION*'s new family medical reference for African Americans, *The Doctors Book of Food Remedies*. Just published, it's selling so fast it looks to be one of our all-time best-sellers.



That's because it's the most complete, authoritative, M.D.-approved master guide to God's healing foods that we at *PREVENTION* have ever published in our 50 years of existence. Its massive, fact-filled 610 pages bring you some 1,479 secrets for healing virtually any condition with God's most powerful healing foods.

## Good health comes from the farm, not the pharmacy.

Pouring out of America's leading hospitals, universities, and medical schools, more than 9,000 scientific studies have now documented the vast scope of healing nutrients that God has put in foods to protect and heal you.

So the time was right for someone to bring all these scientifically proven, 100%-natural healing food remedies to you—in one convenient, authoritative, M.D.-approved master reference. And that's what you'll find in *The Doctors Book of Food Remedies*.

It's also why I've sent you the booklet you're now reading. It's a "free sample" of the 1,479 healing food remedies you'll find in this landmark family medical guide, *The Doctors Book of Food Remedies*.

## Make no decisions now. Try the Book **FREE** for 21 days.

All I ask is that you take a few minutes to read over this "free sample" and if you like what you see here, try another "free sample." That is, send for a 21-day Free-Trial copy of *The Doctors Book of Food Remedies* "on approval."

Take up to 3 weeks to decide. If you don't like it, just send it back and pay nothing, owe nothing. You won't even have to pay the return shipping!

On top of that, no matter what you decide, you'll get to keep a very nice gift, as our thank you "just for looking." (Details on page 64.)

## So you have no risk... whatsoever

...now or at any time. You make no commitment whatsoever. You agree to purchase nothing until you are totally satisfied after your 21-day free trial.

If you've ever promised yourself to start eating healthier and feed your family healthier, too, this is the place to start, with your 21-day Free-Trial copy of the M.D.-approved guide that shows you how to eat healthier and more enjoyably every day.

Just return the Free-Trial Certificate card inside the back

cover of this report, and we'll rush your copy right out to you.

To your good health,

*Judith Springer Riddle*

Judith Springer Riddle, Editor  
*PREVENTION* Health Books

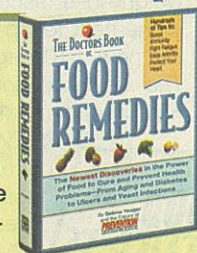
## P.S. **FREE GIFT** JUST FOR LOOKING!

As our grateful "thank you" just for giving *The Doctors Book of Food Remedies* a 21-day free trial, we'll also send you a wonderful gift you can keep, no matter what you decide. It's the free companion guide to *The Doctors Book of Food Remedies*. It's the *Doctors 100 All-Time Greatest Home Remedies*. You'll find the details about this free gift on page 64 of this report.



## **FREE** 21-DAY PREVIEW.

You can try these 1,479 food remedies free for 21 days. Just return the Free-Trial Certificate card inside the back cover of this booklet.



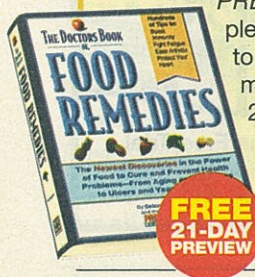
# FAT-BLOCKER foods!

*Foods that fill you up... block absorption of calories and fat... and make it easy to shed 10, 20, 30 pounds, or more.*

Imagine being able to shed all the pounds and inches you want, NOT by starving yourself, but by actually eating MORE of certain types of food?

Oh, how satisfying *that* would be! But it couldn't possibly be true, could it?

**Free 21-Day Preview:** The remarkable weight-loss discoveries you'll read about in the next few pages are excerpted from the new, 610-page family medical guide, *The Doctors Book of Food Remedies*. Featuring some 1,479 food remedies, it's *PREVENTION*'s most complete, M.D.-approved guide to using food as your best medicine. For your no-risk, 21-day free trial, please return the Free-Trial Certificate card inside the back cover of this report.



**FREE  
21-DAY  
PREVIEW**

Doctors are responding with a resounding YES! Here's the story...

Medical researchers have identified dozens of delicious foods bursting with this amazing combination of benefits—they're not only scrumptious, but they also *block the absorption of fat and calories in the other foods you eat!*

What's more, the same foods leave you feeling full—totally satisfied—for much longer periods of time, so you automatically eat less during the day.

In other words, these delicious foods give you an enormous *DOUBLE* advantage in your efforts to lose weight. First, you automatically eat

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Lose weight easily  
by eating more of  
certain foods! No  
pills to take, no fad  
dieting, no hunger!



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less because you feel full and satisfied longer. And then, when you do eat, you absorb far fewer fats and calories!

That's why these "fat-blocker foods" are a dieter's dream-come-true. And in *The Doctors Book of Food Remedies*, you're going to learn all about them, and how to use them to lose more weight more easily than you've ever thought possible.

## The Greatest Weight-Loss Secret of All-Time?

The secret behind Mother Nature's incredible *fat-blocker* foods can be summed up in a single word—*fiber*.

But not just *any* fiber. In recent years, researchers have discovered that foods rich in *a certain type of fiber* have an almost magical power to trap fats and calories as they pass through your system... block their absorption... and carry those unwanted fats and calories right out of your system before they have a chance to pack their weight on your thighs, hips, rear, or belly.

But *only one type of fiber* does this, and on pages 201-203 of *The Doctors Book of Food Remedies*, you're going to discover the many foods that are richest in it. Thank



### Quick Tip

Lentils are high in fiber, rich in energy-boosting protein...and very low in fat.

goodness, there are dozens of these fat-blocker foods to choose from, so

you'll easily find a host of favorites to enjoy for breakfast, lunch, dinner, and snacks, as you watch pound after pound melt away so easily.

## Blocks Out the Fat in Your Steak...So You Don't Absorb It!

Just *how* easily does it work? Let's look at an example...

A big reason we gain weight—and find losing it so hard—is because of the *fat* in our diets. *Fat makes you fat!* When you eat a steak, for example, molecules of fat and cholesterol pass through your

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intestinal wall and into your bloodstream...and eventually get deposited as fat someplace in your body where you least want it.

But before that can happen, the special fiber in these *fat-blocker foods* prevents you from absorbing these fats and calories in the first place. When you eat these foods, their special fiber dissolves in your digestive tract, forming a sticky gel that acts like a protective coating, preventing fat and cholesterol from getting through your intestinal wall.

Remember the example of the steak? If you accompanied it with a heaping serving of one of these fat-blocker foods, its special fiber would turn into a gel, trapping molecules of fat and cholesterol and preventing

them from getting into your body. And because this fiber itself isn't absorbed, it passes out of your body, taking the fat and cholesterol with it!

You'll get complete details of this wonderful form of fiber on page 201 of *The Doctors Book of Food Remedies*. Then on page 202, you'll see all the foods richest in this near-miraculous fat-blocking ability. *This information is worth its weight in gold because it makes losing weight so much easier than you've ever experienced!*

Now you can lose by *eating*, not *starving*! There are no pills to take, no unhealthy fad diets to follow, and, best of all, *no starvation*! Losing weight was *never* so easy!

What's more, these fiber-rich fat-blocker foods bring you many other benefits, as well. They keep you as regular as a Swiss watch. They lower your cholesterol and cut your risk of heart disease *in half*. They can also reduce your risk of cancer by 31 percent because they sweep food

particles out of your colon faster and keep your insides cleaner. This is why some doctors call fiber, "*Mother Nature's broom.*"

As if all this weren't enough, fiber

also lowers your risk of breast cancer by 38 percent. It binds to estrogen in your digestive tract, leaving less estrogen circulating in your body to cause harm.

So turn to page 201 and see how you can lose weight easily—and protect your health in so many ways—by letting *Mother Nature's broom* sweep fat, calories, and other unhealthy substances right out of your body before you absorb them!

## Another Way to Lose Weight—by Eating Delicious Foods!

In addition to these fat-blocker foods, researchers at the University of Sydney in Australia have discovered *another* group of foods that enable you to lose weight by eating rather than going hungry. Researchers have dubbed these "*high-satisfaction foods*" because they *fill you up* and then *turn off your "hunger switch"* for long periods of time.

By eating more of these totally satisfying, hunger-killing foods, you'll notice a startling difference in *how full and satisfied* you feel after eating. But the even bigger surprise is how *full you keep feeling* for hours afterwards.

Researchers discovered the extraordinary effect of these foods by

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## Is this "diet food" making you fat???

In a landmark study of more than 80,000 nurses, Harvard researchers found something so surprising, it's hard to believe. They found that the single best dietary predictor of weight gain was how much of a certain food substance a woman consumes.

Was it fat, sugar, cake, or ice cream? NO!

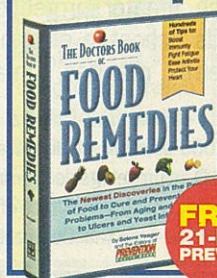
Believe it or not, it's actually one of the most common "diet foods" in the supermarket—saccharin!

**Even more surprising, it wasn't that saccharin itself packs the weight on, but what you combine it with.**

For a revelation on why you may have been finding it so hard to lose weight, please turn to page 39 and discover what you should NEVER combine with saccharin (no, it's not coffee, cream, or half-and-half). It's something you'd never suspect!

Free 21-Day Home Trial. *The Doctors Book of Food Remedies* is PREVENTION's most complete, authoritative, M.D.-approved guide to using foods as your best medicine. For a no-risk, 21-day free trial of this

landmark medical reference, please return the Free-Trial Certificate card inside the back cover of this report.



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having volunteers eat a wide variety of almost every food you can imagine, from baked goods to fruits... from popular snacks to steaks... from popcorn to peanuts... you name it.

After eating each, the volunteers meticulously rated their feelings of hunger every 15 minutes—to see which foods kept them *fullest* the longest...and which foods “switched off” their hunger mechanism.

### You'll Feel **FULL** to the Gills...While Losing Weight!

Researchers found that women who started eating *more* of these totally satisfying foods lost weight

without any conscious effort at all. So whenever *you* are hungry, eat any of the many high-satisfaction foods listed on page 403 of *The Doctors Book of Food Remedies*.

In a matter of minutes, you'll feel deeply satisfied and content. In fact, you'll feel *full to the gills*, and you *stay* feeling full far longer while these miracle foods turn off your hunger switch.

Best of all, these high-satisfaction foods include many you *love* to eat anyway, including mouth-watering pasta dishes, steak, baked beans, grain breads, eggs, cheese... and lots of other delicious foods.

On page 403 of *The Doctors Book of Food Remedies*, you'll find the



Popcorn is one of many tasty foods that fill you up and turn off your hunger switch!

entire list of *High-Satisfaction Foods That Turn Off Your Hunger Switch*.

Put a little bookmark by this page because during your 21-day free trial, you'll refer to it again and again as you choose freely from this master list of delicious, mouthwatering foods that fill you up while switching off your hunger mechanism.

### Yet More Ways to Lose Weight...by Eating **MORE** Food!

And researchers have found other ways that eating delicious foods can supercharge your weight-loss efforts. For example, you'll also discover:

► **The Water Trick.** How to lose more weight—with water! An ingenious trick for using water to make you feel fuller, more satisfied, so you'll eat less. See page 554.

► **Sugar-Buster Foods.** Delicious foods that specifically “switch off” your sugar cravings, just like turning off a light switch. See page 450.

► **Why Asian Women Stay So Slim.** The secret is in *what they eat*...and you can harness their slenderizing secret by enjoying a few of these powerfully slimming foods. See page 40.

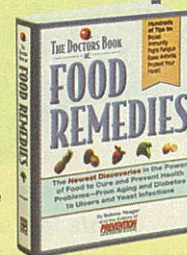
► **The Waistline Destroyer.** “Nothing adds to your waistline faster than...” See page 197.

*“This book has a lot of cures and recipes. I like this book very much.”*

—Earline Chism, Mineral Springs, AR

**FREE  
21-DAY  
PREVIEW.**

You can try these 1,479 food remedies free for 21 days. Just return the Free-Trial Certificate card inside the back cover of this booklet.



## The thin person's secret

In a study at the University of Michigan, researchers found that the natural food compound *glutathione* works like magic in keeping your weight down. It's one of Mother Nature's most powerful substances for keeping you trim and healthy.

Moreover, researchers discovered that people who eat more glutathione are not only much slimmer, but as added benefits, they also enjoy lower blood pressure, lower cholesterol, and much greater protection against a wide range of cancers. Foods richest in glutathione include winter squash, avocados, grapefruit, oranges, tomatoes, and potatoes.

—From *The Doctors Book of Food Remedies*. Based on more than 9,000 scientific studies, it's *PREVENTION's* most complete and authoritative M.D.-approved guide to using food as your most powerful medicine. For your no-risk, 21-day free trial of this landmark family medical reference, please return the Free-Trial Certificate card inside the back cover of this booklet.





Read why the healing foods in this chapter are truly a woman's best friend!

# Doctors call them “Diamond Foods”



because they're a woman's best friend

***They can save you from breast cancer...  
cool off hot flashes... prevent osteoporosis  
and lupus...all without drugs or side effects.***

**W**ould you like to know the easiest ways you've ever heard to spare yourself the agony, emotional trauma, and disfigure-

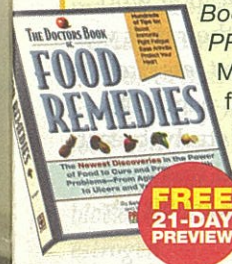
ment of breast cancer? This is the vital information we'll explore in this chapter. You'll also see how to use Mother Nature's most powerful

healing foods to ease PMS, clear up urinary tract infections, cool off hot flashes, and other symptoms of menopause.

Let's start with the disease that strikes unmitigated terror in the heart of every woman in America—breast cancer.

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**21-Day Free-Trial Invitation:** All the proven, M.D.-approved food remedies in this chapter are covered at greater length in the giant new, 610-page family medical guide, *The Doctors Book of Food Remedies*. It's PREVENTION's most complete, M.D.-approved guide to using food as your most powerful medicine. For your no-risk, 21-day free trial, please return the Free-Trial Certificate card inside the back cover of this report.



**FREE 21-DAY TRIAL! SEE CARD AT BACK.**

## The Only Known Food That Gives You This DOUBLE Protection Against Breast Cancer

Recently, in one of the most exciting findings in medical history, researchers at the U.S. Department of Agriculture discovered a food substance called *limonoids*. It's a landmark in defeating breast cancer, because limonoids help your immune system *detoxify* the very compounds that cause breast cancer...flushing them harmlessly out of your body.

And what is your best source of this all-natural protection? The humble *grapefruit*. It's bursting with life-saving limonoids!

Probing further, scientists found that grapefruit is also rich in the compound *naringin*, which doesn't appear to be in any other fruit. In laboratory studies, naringin from grapefruits *stopped* the growth of breast cancer cells in their tracks. So from this one fruit, you ingest two of the most powerful breast-cancer defenders on the face of this earth! Read the details, and how you can harness this amazing protection, on page 254 of *The*

*Doctors Book of Food Remedies*.

And that is *just the beginning* of the breast cancer protection you can give yourself with Mother Nature's most powerful "guardian angel" foods. Here are just a few more you'll discover in *The Doctors Book of Food Remedies*...

► **The real reason women in Greece have only a fraction of the breast cancer of American women...** why Hispanic women have only about half the risk of breast cancer that White women

do... and why Asian women have only 15 percent to 20 percent of the breast cancer of American women. In all cases, their protection comes *from the foods they eat*—and now you'll know how to protect

yourself.

► **The nutrient proven to be of extraordinary importance for any woman with a family history of breast cancer.** Researchers at the State University of New York at Buffalo found that women who got the most of it in their diet were a staggering *80 percent less likely* to get breast cancer. See page 108.

► In a laboratory study, breast tumors in animals fed this food (see page 223) shrank by 50 percent in 7 weeks.

### Quick Tip

Research shows that eating just 28 grams of fiber a day lowers your risk of getting breast cancer by 38%.

## For the Best Protection of All...

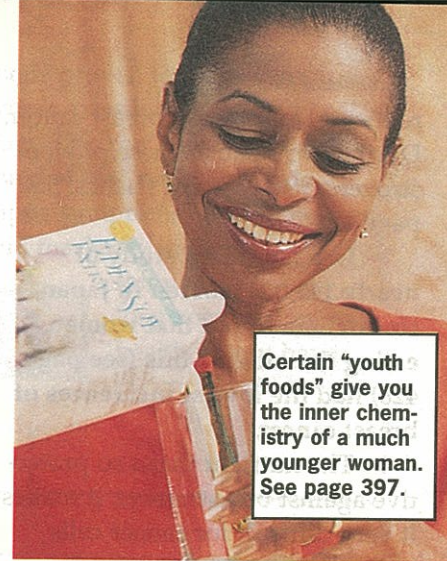
► Researchers are also ecstatic over their findings on another food. This one contains compounds *extremely powerful* in preventing breast cancer. In fact, each of these compounds is *250 times* more potent against one type of human breast cancer cell than *genistein*, a well-known and very powerful anti-cancer compound itself. When these food compounds are *combined*, they may well give you the most powerful breast cancer protection known to science! See page 521 for your richest food sources.

► A study of women in 21 countries found that women who eat this way (see page 45) were able to slash their risk of breast cancer by 80 percent. See page 108.

► Large studies overwhelmingly show that many cancers occur *least* often in countries where people eat (see page 262).

## The Scary Link to Estrogen

Doctors now know that the more estrogen you are exposed to during your life, the greater your risk of breast cancer. They also know that your best protection is *food that brings your body into its proper hormonal balance and which blocks the harmful effects of too much estrogen*.



Certain "youth foods" give you the inner chemistry of a much younger woman. See page 397.

In *The Doctors Book of Food Remedies*, you'll discover...

► The nutrient that acts like an "internal anti-cancer broom," sweeping up your body's harmful estrogens before they contribute to the growth of cancer cells. See page 91.

► Other foods that act as all-natural *estrogen regulators* in the body, lowering your risk of hormone-based cancers. See page 428.

► Foods rich in natural compounds called *phytoestrogens*. Your body converts these into substances that act like a weak form of estrogen. In premenopausal women, these all-natural phytoestrogens block your body's *estrogen receptors*, lowering the amount of estrogen in your body and sharply

... continued on page 24

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reducing your risk of breast cancer. During menopause, these phytoestrogens also ease hot flashes. See page 42.

► **In a landmark study of nearly 143,000 women in Japan, researchers found that women eating the most of this (see page 428) had the lowest incidences of breast cancer.**

► The nutrient that's so protective against breast cancer, it makes it very difficult for cancer cells to even gain a foothold in your breast tissue. Also a powerhouse for lowering your cholesterol. See page 429.

Just imagine—in *The Doctors Book of Food Remedies*, you have all these proven food remedies and protections for avoiding breast cancer. And that's just one condition! You'll find hundreds upon hundreds of other conditions covered with the same comprehensive, authoritative, M.D.-approved advice for using food as your best medicine. For example...

► **For Monthly Discomfort:** Eating more of these six foods can do wonders if you're a woman who suffers from irritability, sadness, or emotional ups and downs during your cycle. Page 359

► **Tender Breasts... Breast Lumps:** The more of this common



food ingredient you consume, the more tender your breasts are likely to be! In a study at Ohio State University, 82 percent of the women who eliminated this food substance from their diet saw their tenderness and lumps disappear entirely! See page 207.

► **Yeast Infections:** Women who eat this food get many more yeast infections than others. Easy cure. See page 568.

► **Birth Defects:** The veggie that reduces your unborn child's risk by half! An absolute must for any woman carrying (or planning to have) a baby. You'll never forgive yourself if you ignore this advice and risk your child's future.

... continued from page 24

Please see page 45...The common beverage which *doubles* the risk of birth defects. Why doctors urge that you don't even take a single sip of this until after your baby is born. See page 80.

#### ► Osteoporosis

**Prevention:** Researchers in the Netherlands found that women who consume this (see page 396) reduced their bone loss by 43 percent! Plus, you can gobble all the calcium tablets you want and chug-a-lug milk by the gallon. But if you're not getting *this* nutrient (see page 399), you will absorb very little of your dietary calcium!

Check out this invaluable information and spare yourself the thin, fragile bones and the hump back of osteoporosis. Must reading for every woman.

► **Special Alert for Moms-to-Be:** The most wonderful thing you can do right now for your unborn child—a gift of love, nutrition, and health! See page 343.

► **Lupus:** This mysterious disease strikes eight times as many women as men. But there's one common food doctors report can be of enormous help in easing your symptoms. At the same time, they warn of another group of

foods proven to make symptoms worse, possibly even fatally so! See page 326. You'll also read about the diet that noticeably *reduces* lupus symptoms. This same diet will markedly improve your

immune system, longevity, and overall health. If you have lupus, you'll also see why certain *spices* should be at the top of your shopping list. Finally, is this strange rumor true—that the

popular health food *alfalfa sprouts* can be harmful to lupus sufferers, making your symptoms worse? Wait till you read *this* surprising information, on page 326!

#### Quick Tip

To cool off hot flashes, nibble on the herb licorice. It's delicious and often works better than hormonal drugs!

*"This book is super! Thank you all who produced it."*

—Gwen Loveridge, Ontario, OR

**FREE  
21-DAY  
PREVIEW.**

You can try these 1,479 food remedies free for 21 days. Just return the Free-Trial Certificate card inside the back cover of this booklet.

